

(Soups & Stews- Fat-BURNING Recipes)
FLAT BELLY & FAT LOSS COOKING



101 Fat-BURNING Recipes



101 Quick & Easy Fat-Burning Recipes
Designed With **“Top Fat-Burning Foods”**
Commonly Found In Nigeria...

To Banish Your Boring "Fat Burning Diet"
And Burn Fat *FASTER!!*

By
Dr. ELA MARIS
(Nutrition Biochemist)

TotalFatLossPlan.com

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A word from Dr. Ela Maris

For all lovers of our Nigerian soups and their respective “swallows” e.g. eba, akpu, pounded yam, amala, starch, kuka etc I welcome you to this cookbook.

We are Nigerians and live in Africa and so I understand that eating certain soups and swallows would be hard for many to give up and hence this fat-BURNING Soups & Stews Cookbook.

Nigerian soups and stews are really, really delicious but also full of fat and so in this cookbook you will discover how to prepare the fat-burning Nigerian soups, stews and other foreign fat-burning soups as well.

What makes a meal fat-burning? It’s the ingredients used to cook the meal. You would also discover **3 simple tricks** on how to convert your favorite Nigerian fat-storing soups into fat-BURNING ones.

Concerning the “swallow” you would eat with your soup, the only fat-BURNING one I know and recommend is the **Green Plantain Amala**.

This one is different from the ones you normally eat which could be made from yam and cassava. It is also known as **black plantain**.

This one is made from green unripe plantain and because of how good it is, it is also specially recommended by Medical Doctors to Diabetic people because it’s a complex carbohydrate (keeping you full for longer periods), it does not digest fast and of all the “swallows” it does NOT raise your blood sugar highly.

In the **Flour and Oil cookbook** I would show you how to easily prepare you own fat-burning swallow and the **BEST time** to it to avoid and trim down a big belly and for fat loss. You can of course buy it from the market but do NOT buy the blended one as it maybe mixed with yam and cassava.

Just buy the dried unripe plantain slices. Check your local market for it or the cookbook.

As for **pounded yam** and even unripe plantain amala (elubo), because yam is a complex carbohydrate which is also one of the fat-BURNING foods, you can eat it but only in **two ways (timings)**:

1. Only in the **mornings – mid mornings** (6am -11am) because that is when your carbohydrate tolerance is highest.
2. **After** exercising – You can eat your pounded yam anytime of the day as long as it's immediately after exercising. Within 30 -45 minutes **after exercising**. That way, your body won't store it as fat, instead it will use it to build, repair and replenish your muscles.

But if you eat it anytime without exercising? Say “hello” to belly & body fat.

That's it. Let's get right into these luscious and tasty fat-burning soups. A **major** fat-burning ingredient used to prepare almost all the fat-burning soups and stews is the **olive oil** or **coconut oil**.

In health, fitness, love of life and good food,

Dr. Ela Maris
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Serving SIZE for Soups

If you are serving the soup as an appetizer or side dish with “wheat bread” or fat-burning “**swallow**”, a serving is **1 ladle**.

If you are serving the soup as a main dish or alone, a serving size is **1 ½ -2 ladles**.

Here are samples of what a ladle looks like:



Do you know you can easily lose your weight at home fast and easily, but you have to use a keto diet which must be natural, safe and without any side effects, because if you'll use an unnatural diet then it can damage some parts of your body such as liver, kidney, heart etc. So which diet you need to lose weight fast, easily and safely, according to many health experts and coaches there is a brand new keto diet that is all natural, safe and it doesn't have any side effects, and many health experts and coaches recommend that diet to use for fast and easy weight loss, So that diet is -- The Ultimate Keto Meal Plan.

What Is The Ultimate Keto Meal Plan??

Due to its structure and lessons, Claudia's (Health Coach and Experts) Ketogenic meal plan has become a favorite of many people all over the world. The keto diet, which encourages a low-carb, high-fat diet, is seen to be the most successful method of weight loss, according to researchers. People who suffer from epilepsy or diabetes can also benefit from it.

People with a variety of conditions have also found benefits from ketogenic diets. These meals have been designed in such a way that a person does not consume more than the recommended 50 grams of carbohydrates. Many of its effects.

Although this diet has had some success, especially for those who can follow the strict rules through to the end, many others have failed because of it. Fortunately, one should not worry thanks to the Ultimate Keto Meal Plan. The one-month Keto diet plan will guide you.

[Click Here To Get All The Details Of The Ultimate Keto Meal Plan](#)

Quick list of the TOP Fat-Burning Nigerian Soups & Stews

Here is a quick list of the Top fat-BURNING Nigerian soups and stews. They are all delicious even if you never tried some before. Here they are:

- Stew – types of ***fat-burning*** stew (in the Tricks to convert Nigerian dishes from fat-storing to fat-Burning)
- Tomato sauce
- Efo Riro
- Gbegiri
- Ewedu
- Pepper soup – types of peppersoup
- Egusi Pepper soup
- Gbure Elegusi

ADD-ON INGREDIENTS FOR ANY SOUP AND STEW RECIPE

Nigeria is rich with various add-ons (or “encouragements” as some people call it) when it comes to cooking Nigerian soups and stews. I didn’t include many add-ons in these recipes but you can if you love them, only include **pure protein sources** and not other delicacies such as tripe (“shaki”), cow hide (“pomo”), intestines (“roundabout”) etc which ADD mainly fat to your meals which you want to avoid anyway.

I know they taste delicious 😊 but the price you have to pay to lose weight or trim off belly fat is going to be costly.

Here’s a quick list of TOTAL Fat Loss recommended add-ons:

- Shrimps
- Crab

- Crayfish
- Periwinkles
- Snail
- Smoked Fish
- Stock Fish
- Locust beans "iru" or oil bean seed
- All manner of spices

STEW – Types of Fat-BURNING STEW

Nigerian stew has different variations depending on the kind of protein source used to cook it. These various protein sources give the stew a very different and unique taste. The common types are:

1. Beef stew
2. Fresh fish stew
3. Dry fish stew
4. Stock fish stew
5. Goat meat stew
6. Chicken stew or
7. Turkey stew
8. Guinea fowl stew
9. Spinach stew also known as Efo riro

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STEW (P+C+F) – BASIC RECIPE

INGREDIENTS

- 1 kg Chicken, cut, **skin removed** (replace with your favorite protein source)
- 10 fresh large tomatoes
- 5 fresh large pepper (depending on taste)
- 2 large onions
- 2 teaspoon curry powder
- 2 teaspoon thyme
- 1 large red bell pepper (optional)
- 1 tomato paste
- 1 clove garlic (optional)
- 4 maggi cubes
- 1 cup **olive oil** (Check Shopping Guide)
- Salt to taste

DIRECTIONS

1.) Cut clean and de-skinned chicken into medium sizes and put in a pot of water. Add curry, thyme, salt, maggi, garlic, 1 onion and cook for about 30 minutes until soft.

2.) Cut and blend tomatoes, 1 onion, peppers and tomato paste with 2 cups of water. Put in a pot to boil for 15-20 minutes. Heat olive oil and fry blended tomato. Add tomato paste, curry, thyme, maggi, salt and boil for 10 minutes.

3.) Add cooked chicken into stew, add chicken stock (broth) into the stew and boil. Taste for salt and maggi and cook for another 10 minutes.

4.) Serve with brown rice, okro, boiled yam, ewedu, gbegiri etc and enjoy

CALORIES PER SERVING: 150

- **PROTEIN: 20%**
- **CARBS : 4.9%**
- **FAT : 5%**

CALORIES PER SERVING without Protein Source: 80

- **PROTEIN: 8%**
- **CARBS : 31%**
- **FAT : 11%**

TOMATO SAUCE

Tomato sauce is made the same way as the Basic Stew recipe. The only difference is you slice the tomatoes, pepper and onion instead of blending them. You can make a quick, fresh and fat-burning sauce for boiled yam, wheat bread, rice, etc using the *fat-burning* ingredient – olive or coconut oil.

EFO RIRO (P+F)



INGREDIENTS

- Spinach or Shoko or Tete - Chopped
- 2 Red Bell Peppers “Tatashe”
- ½ medium Onion
- 1/5 cup olive oil or coconut oil
- 2 big tomatoes
- 1 clove of Garlic (optional)
- 3 oz Shrimps cooked
- 1 kg goat meat (can use any type of meat)
- 3 medium snails (optional)
- Dry crayfish powder (1 tablespoon)
- Basil, ½ tablespoon (Check Shopping Guide)
- 3 Knorr Chicken cubes
- Pepper powder, 1 tablespoon to taste
- Salt to taste

DIRECTIONS

1. Boil the goat meat and snails with seasonings of your choice. Put aside.
2. Blend peppers, tomatoes, onions and garlic in a blender with water till you get a coarse mix.
3. Heat the olive oil in a pot, when hot, add the blended pepper mix and cover. Let simmer for about 10 minutes on medium heat.
4. Add the knorr cubes, basil, pepper powder, crayfish powder, and salt to taste. If satisfied with the taste, add the cooked lamb, snails and shrimps.
5. Let simmer for about 5-10 minutes, then add the chopped spinach (allow the water to drain from the spinach or squeeze out as much water as you can) and stir. Cover the pot and turn the heat down to low. Let it simmer for about 10 minutes. Turn off the heat and serve while hot with brown rice or boiled yam or ***green plantain amala***.

CALORIES PER SERVING: 183

- **PROTEIN: 13%**
- **CARBS : 8%**
- **FAT : 10%**

GBEGIRI OR BEANS SOUP (P+C)



INGREDIENTS

- 2 cups of white or brown beans
- 1 large onion, chopped
- 3-4 fresh pepper
- 1 red bell pepper (optional)
- 2 fresh tomatoes
- 1kg dry fish (washed, or with favorite protein source)
- 1 tomato paste
- 2 tablespoon ground crayfish
- Salt to taste
- 2-3 maggi

- Locust beans, 1 small wrap (iru)
- Water
- 2 tablespoon olive oil

DIRECTIONS

1.) Soak beans for 20 minutes. Rub and squeeze together with both hands to peel the skin off the beans. Continue rubbing and rinsing until all the skin is removed.

2.) Boil the skinned beans with water, onion and salt for 35 minutes until soft and almost cooked. Blend pepper and tomatoes. Add them and the rest of the ingredients, olive oil, water, dry fish into the pot of beans. Simmer for another 20 minutes until the beans has turned into a smooth paste.

3.) Serve with Ewedu or with stew and ***green plantain amala***.

CALORIES PER SERVING: 347

- **PROTEIN: 16%**
- **CARBS : 45%**
- **FAT : 12%**

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EWEDU (P+C)

INGREDIENTS

- 1 cup of Ewedu leaf (Jute leaf)
- Locust beans (iru)
- Potash (optional)
- 1 cup of water
- Salt

DIRECTIONS

- 1.) Remove ewedu leaves from the stem and wash them. Chop into pieces on a chopping board.
- 2.) Put one cup of water in a pot and bring to boil. Pour the chop ewedu into the boiling water. Add the locust beans (iru) and potash if desired. Allow to boil for 10 minutes, with the pot uncovered.
- 3.) Add salt to taste and cook for another five minutes. Serve with a special fat-burning stew with our mystery fat-burning “swallow” and enjoy!

CALORIES PER SERVING: 183

- **PROTEIN: 60%**
- **CARBS : 40%**
- **FAT : 0%**

PEPPER SOUP - TYPES

Just like the Nigerian stew, pepper soup has different variations depending on the kind of protein source used to cook it with different and unique tastes. The common types are:

1. Fresh fish pepper soup
2. Dry fish pepper soup
3. Goat meat pepper soup
4. Chicken pepper soup
5. Turkey pepper soup
6. ***Egusi pepper soup***

FRESH FISH PEPPER SOUP (P+F) – BASIC RECIPE



INGREDIENTS

- 1 kg fresh cat fish
- 5 cups of water
- 1 cup of scent leaves (optional)
- 2 Maggi cubes
- 3 tablespoon dry ground pepper powder to taste
- 2 tablespoon Ground crayfish
- Salt to taste
- 2-3 tablespoon pepper soup seasoning

ALTERNATIVE FOREIGN PEPPER SOUP INGREDIENTS

- 60g aniseed pepper (Sichuan/Szechuan peppercorns)
- 30g black pepper
- 25g cloves
- 25g ground cinnamon
- 50g coriander seeds
- 50g cumin seeds
- 50g allspice
- 50g dried ginger
- 50g tamarind seeds
- 50g fennel seeds

DIRECTIONS

- 1.) Cut the chicken into good sizes after removing all its skin. Put in a pot of water, add salt, maggi, onion and boil for 25 minutes.
- 2.) Add your pepper soup spice, ground pepper, maggi and boil for 15 minutes covering the pot. Cut and dice the yam into big cubes and add it into the chicken pepper soup and boil for 10 minutes.
- 3.) Finally, add the scent leaves, ground crayfish, add more water and boil finally for 15 minutes. Serve it alone or with white rice, boiled yam or boiled black plantain... yummy.

CALORIES PER SERVING: 125

- PROTEIN: 81%
- CARBS : 0%
- FAT : 15%

CHICKEN PEPPER SOUP (P+F) – BASIC RECIPE



INGREDIENTS

- 1 kg chicken breast or thigh
- 5 cups of water
- 1 cup of scent leaves (optional)
- 2 Maggi cubes
- 3 tablespoon dry ground pepper powder to taste
- 2 tablespoon Ground crayfish
- Salt to taste
- 2-3 tablespoon pepper soup seasoning

DIRECTIONS

1.) Cut the chicken into good sizes after removing all its skin. Put in a pot of water, add salt, maggi and boil for 25 minutes.

2.) Add your pepper soup spice, ground pepper and boil for 15 minutes covering the pot. Add maggi and salt to taste.

3.) Finally, add the scent leaves, ground crayfish, add more water and boil finally for 15 minutes. Serve it alone or with brown rice, boiled yam or boiled unripe plantain “amala”, also called “elubo”... yummy.

CALORIES PER SERVING: 200

- **PROTEIN: 54%**
- **CARBS : 0%**
- **FAT : 46%**

EGUSI PEPPER SOUP (P+F)

INGREDIENTS

- ½ cup ground melon seeds
- 1 kg chicken breast or thigh
- 5 cups of water

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